



COLCHESTER YOUTH BASKETBALL LEAGUE

Grades 1st - 2nd Coed Basketball League

RULES AND REGULATIONS:

Mission Statement: To provide the youth in Colchester with an opportunity to participate in a recreational basketball league, designed to encourage Sportsmanship and Participation within a positive learning environment.

1. PRE-GAME AND START OF GAME:

- Coaches and players should be at the school 10 minutes prior to warm ups.
- Each team will be allowed a 5-minute warm-up time beginning at the scheduled start time.
- Games will start 10 minutes after the scheduled time. *Example:* If the game is scheduled for 10:00 a.m., the tip-off will be at 10:10 a.m.
- Games will start when each team has at least **four** players present. Both team coaches will decide if a forfeit must be called. Teams would then be created with the present players from both teams and a game will be played.
- Two games will be played at a time - short court.

2. HOME TEAM:

- Home Team will be listed first on the schedule and wear ROYAL and the Visiting Team wears the WHITE side of jersey.

3. LENGTH OF GAME:

- Playing time shall consist of 4 quarters of 8 minutes running time. **Note:** Clock will stop at the 4 minute mark of each quarter for substitutions.
- There will be a 1 minute break at the end of the 1st and 3rd quarter.
- There will be a 5 minute half time. (may be shortened at the discretion of the Coaches/Officials)
- All games must end no later than 5 minutes before the hour to maintain the schedule.

4. TIMEOUTS:

- Coaches will use timeouts to help teach and talk with players during the game.
- During timeouts coaches will not substitute all players for it takes too much time for both teams to transition for the game to begin.
- 1 Timeout per half lasting one minute in length.

5. SUBSTITUTIONS:

- Substitutions can be made on the fly during the game.
- Coaches will inform players when a substitution is made and when to enter the game.
- Clock will stop at the 4-minute mark of each quarter for substitutions.

6. BASKETS & BALLS:

- Baskets Hoops will be adjusted to 8'6".
- Junior size ball (27.5")

7. SCORE:

- Score *will* **NOT** be kept at this level.

8. FREE THROWS:

- Free Throws *will not* be taken in Grade 1-2 basketball. note: Pre-game free throws (Rule 1)

9. PERSONAL FOULS:

- Our intentions are not to foul out children. Play with correction when necessary is the objective in exposing participants to FUN basketball experience.
- On a foul, the official will stop play and award the opposing team possession of the ball.
- When a foul is called the official/coach will inform the player, instructing them of proper play.

10. THREE SECOND/ BACK COURT VIOLATION:

- Three second lane violations *will not* be called
- Back court violations *will not* be called

11. DEFENSE:

- Defense teams must setup within and stay in the box while the offense team has control of the ball. Once the offense team has taken a shot the defense team may leave the box to gain control of the ball.
- No double teaming.
- No Back court pressure will be allowed.
- Players *will not* be allowed to steal the ball from other players when they are dribbling or holding the ball. They may steal (intercept) a ball that is passed.
- Players may only steal the ball if the opposing player enters the zone/box

12. JUMP BALL:

- Jump Ball *will not* take place.
- Each team will get a chance to begin with possession of the ball either at the beginning of the game or at the beginning of the second half.

13. OFFICIALS:

- Officials have the right to stop play to explain and teach the rules for the improvement of players and the program.
- Team coaches will officiate their own games (teaching while refereeing).

14. COLCHESTER PARKS & RECREATION

- The Recreation Department reserves the right to change the game time and half time in order to keep on schedule. If necessary, we may need to change or alter the game and practice schedule for school or town special activities or events.
- Our goal is to provide an enjoyable experience for our youth. We believe it is important for youngsters to play an exciting game of basketball, to have fun and leave happy. We hope that you, as a parent, coach or spectator remember that CYBL is for the CHILDREN not adults.